

Voices, Riddles.....and Lies

Poems of Spirit Attachment

- B. Edwards

THE UNKNOWN IS THE UNKNOWN

A while back
I was walking home from work
my car was broken down that day
I was walking along the side of the road
and I heard
a rather mean sounding voice say
“ you wanted to hear voices
well now you’re hearing voices”

when I hear these intruding voices
I try not to think about
what they’re saying
I try not to ponder over the content of it

I know better by now
I've been the victim of their cruel jokes
far too many times
but I admit this one got to me a little

"you wanted to hear voices
well now you're hearing voices"

it got to me because it was true
I couldn't deny this one
I couldn't brush it off
as another one of their mind games
this voice was referring
to what I was doing
that brought about this condition
this condition where I hear these voices now
this voice was referring
to what I was doing during the winter of 2015
that winter I was trying to talk with spirits
I was doing this by doing EVP recordings
I would take a voice recorder
ask questions
go back and listen to the answers
I was doing this for a couple of months
I was hearing a lot of voices on my recordings and I was communicating with them
talking with them
having conversations with them
I confess that this became an obsession
I was talking with these spirits
almost every night for those couple of months sometimes for hours
I couldn't believe what I was experiencing
I couldn't believe how easy
I was communicating with them
I couldn't wrap my mind around it
but here I was experiencing it
I knew it wasn't all in my mind
I played some of my recordings to friends
and they heard voices on them to
not as many as I heard
not the fainter ones that I could hear
but they definitely heard some of them
and they said as much

when I first started recording

I didn't expect anything like this to happen
I thought if I was lucky
maybe I'd capture an EVP or two
I didn't expect for things
to get as intense as they did
I didn't expect to actually be having conversations with spirits
and may I add
at first all of the conversations
were very friendly in nature
these voices that I was hearing on my recordings they seemed fascinated
by the whole experience to
they seemed to want to talk with me
it was mostly small talk
I would ask them about themselves
what were their names
when did they live on Earth
where did they live
some mentioned names that I recognized
as being from families
that lived in my local area
this made sense to me
they were here looking over
their loved ones and friends
that were still here on Earth

yes... I didn't expect
for things to get this intense in the beginning
but things got intense very quickly
I know now that this is sometimes
a sign of trouble
of danger on the horizon if
things seemed too good to be true
well there's often a catch
and with this one
it's a heavy price to pay

"you wanted to hear voices
so now you're hearing voices"

I can't deny this
I can't brush it off
as another one of their mind games
there's some truth to it
for a time back during the winter of 2015

I wanted to hear voices
but not like this
I never expected it would be like this
I wanted to hear them on my recordings
but back in 2015
I started hearing them beyond the recordings some of the voices
came out of the recordings you can say
and these weren't the friendly voices
the friendly voices were there in the beginning but a month into this
I started hearing other voices
voices that seemed very different
these voices didn't seem so friendly
these voices seemed to want
to mess with me
to frighten me
I would hear them insult me
I would hear them criticize me
I would hear them threaten me
it seemed like some other group
was crashing my whole experience
as the days went by
as I continued to do sessions night after night the negative voices
became more of a presence on my recordings they began to dominate my recordings
so I couldn't just ignore them
and then by the end of the second month
they started talking to me
outside of the recordings
I would hear them at any given time
on any given day
when I woke up in the morning
when I was having my first cup of coffee
when I was driving to work
I would hear them at work
I would hear them when I was driving home
I would hear them in the evening
and I would especially hear them at night
when I was in bed
trying to sleep
they especially liked to talk to me at this time
I started having trouble sleeping
as I was in bed
I would hear their voices surrounding me
saying rather unpleasant things
and then I started to feel

what felt like a finger
coming up through the mattress
jabbing me in my back
I would toss and turn
jump out of bed
and start cursing
but as soon as I got back into bed
it would start right back up
I began having trouble sleeping every night
I was losing several hours of sleep each night

after about a month of this
the situation became extreme
it wasn't a matter
of having incidents of hearing them anymore now I started hearing them nonstop
It was a constant barrage
of tormenting voices
hitting me around the clock
night and day
and I heard all kinds of crazy shit
a voice that was so deep when it spoke
it seemed to make the very ground shake
I remember hearing two creepy voices
that always seemed
to be lurking over my shoulders
and these two creepy voices
would always say the same thing
"thank you for making us real again"
"thank you for making us real again"

I heard another voice say
"we'll leave you alone as soon as you stop thinking about spirits"
and there I was
hearing spirits all day and all night
I still tried to stop thinking about them
but as you can guess
that proved impossible at the time
it was a constant bombardment
a constant attack
a blitza ceaseless barrage
how the hell could I stop thinking about this
one night I tried
I tried really hard to stop thinking about them and it did seem like they went away
for about twenty minutes

but then I heard a voice saying
“you thought about spirits”
and they all came back
and they all started bombarding me again

“you wanted to hear voices
well now you’re hearing voices”

well I never wanted
to hear them like this
looking back now
I sure as hell wish
I never wanted to hear them at all
was it a set up the whole time
was it a trap the whole time
maybe ...there’s a good chance of that
but I just don’t know

were the friendly voices and the evil voices
one in the same
I think there’s a good chance of that to
but I just don’t know
there’s a whole lot about this
I just don’t have answers to
and that’s the quicksand
that you’re stepping into
when you mess around with the stuff
after allthe unknown
is the unknown

- 1/19/2022

MY EXECUTION

Back in the beginning of April 2015
during what I often call
my two weeks of hell
back when these voices
first started harassing me around the clock
one day as I was in bed going to pieces
I heard a voice say
“your execution is in five minutes”
I admit I was pretty freaked out by this
at the time
this whole nightmare was still fairly new to me
I still felt blindsided by these voices
knocked on my ass

I didn't know what the hell was happening
but I knew it was bad

during the two weeks of hell
I was hardly getting any sleep
and barely eating anything either
so I was in a pretty weakened state
I remember thinking
that I only felt half alive
and these voices just wouldn't let up
they were without mercy
I didn't know what they were capable of
so when I heard them say
that my execution was in five minutes
I panicked

at the time these entities seemed
pretty damn powerful to me
and even though with each passing day
I was starting to sense
that they talked a lot of bullshit
at this time
and being in that weakened condition
when they said something like this
it got to me
I'm not saying
that I believed them completely about this
but I know that I at least
thought there was a chance
that they weren't bullshitting me this time
that they were really going to
execute me in five minutes
so I remember saying a quick prayer
praying to be delivered from the torment
praying for forgiveness
especially for getting myself
into this situation in the first place
when I was doing EVP recordings

I took a deep breath..... exhaled
and felt a sense of peace come over me
I thought that there was a pretty good chance that I was going to die
within the next five minutes
I didn't know how they were going to do it

I didn't know if it would be painful
if it would be quick
I was uncertain of the details
but I truly thought
that this could be it
they were going to execute me

at this point a kind of serenity came over me
and I accepted my fate
then after five minutes had passed
I heard a voice say
"your execution has been rescheduled
for tomorrow morning"
the serenity was gone
and I went another night
being tormented mercilessly by these voices
the next morning
I remembered what they had said
about my execution being rescheduled
but this time I wasn't feeling panic
this time I was a little more suspicious
I didn't forget it
I remembered that they said this
and as I was thinking about this
I heard a voice say
"your execution has been rescheduled
for Thursday morning"
well Thursday morning came and went
and as you can see
I was not executed

I believe that they said this
a few more times
they kept kicking the can down the road
pushing my execution out
a little further and further
I suspected that they were full of shit
I was starting to see
that they were full of shit
about pretty much everything
that they were saying
or they were spinning things in such a way where it was still full of shit

they eventually stopped threatening me

with this whole execution thing
and they moved on to other storylines
other mind games
they had plenty of those
they always had plenty of those

- 1/19/2022

A MIDLIFE CRISIS AND PSYCHIC ABILITIES AT THREE IN THE MORNING

Last night was another rough one for me
I couldn't fall asleep
until something like three in the morning
I was overthinking again
this has been going on now
for a few weeks
it's not every night
but it's getting to be
like every other night
when I'm having trouble sleeping
just because I keep having all these thoughts running through my head
and that's the kicker here

for the past few years
I've been having this kind of trouble
I've been waging a battle for sleep.... my sleep but it was against these entity attachments
these voices entities
it was very cut and dry
they were the culprit
they were trying to derail my sleep routine
they knew this would wear me down
make me tired
and if that happened
they would become stronger
I would hear the voices louder
they would seem more menacing

they've always targeted my sleep
it's been that way since the very beginning
since this all started
but this time
it's not themor her I should say
since it seems like
I'm really just down to dealing
with one entity attachment now
the female voice
that calls herself Crystal
it's good that I don't feel so overwhelmed
by so many voices anymore
but I wouldn't exactly call it a blessing either because Crystal's always been the main voice the
main one.... the ringleader
the biggest problem for me

recently it's just that I keep thinking about my life about where I'm at these days
maybe this is a midlife crisis
I'm starting to think it is
I realize that since
this whole attachment situation started
I've been focusing so much
on just holding it together
trying to keep
my day-to-day world from falling apart
I succeeded in this.... so far
but now it's like the smoke is clearing
and I'm realizing
that I missed out on a lot
these past few years

so all these thoughts
about what I've been missing out on
have been going through my mind
these past few weeks
and it sucks
but I've got to slug through it I guess
I've been through far worse than this
it just really annoys me
that I'm back to having trouble sleeping again when I was doing so well for a long time
and the cause of it is myself
having these thoughts
being in a mental fog
it's not as cut and dry
as when Crystal is the culprit
noshe's not the cause
she's not the one preventing me
from falling asleep this time
but she's still there
and on some nights
she'll take advantage of the situation
last night I felt her presence again
I felt something small
moving around underneath my pillow
it was unmistakable
and it was one of those occasions
where the reality of this whole situation
hits me pretty hard

of course I've known from the start
that this is really happening
I've known from the start
that these voicesespecially Crystal's voice are not just in my head
they're not hallucinations
they have a presence
a very real physical presence
I felt his presence again last night
and after all this time
when things like this happen
I'm still out there
trying to wrap my mind around it

Crystal claims that I can perceive her like this because I have some degree of psychic abilities
she's might be right
I guess that's as good an explanation

as any for me
but it seems like none of these abilities
work to my advantage
because they've been hijacked
so in my caseat least up to now
any of these psychic abilities that I have
have not really been any kind of gift
they've been more of an affliction
because they've been hijacked
by these malevolent entities
and turned against me

I've heard friendly voices in the past
I've heard voices that seemed like
they were trying to help me
and they gave me some insight
and shared some of their wisdom with me
but they're not the ones that stick around chattering at me all the time
it's the ones that are out to abuse that do that
so sometimes they can just overshadow everything else
they can turn what could potentially be a gift
into an affliction
well I don't mean to ramble on here
pouring out my woes
please forgive me
I didn't get much sleep last night

- 1/20/2022

THE SURREAL CACOPHONY

The whole world it seemed
was sounding pretty damn surreal for me
back in the spring of 2015
this is when these malevolent voices entities
were giving me quite a beatdown
I was being bombarded constantly
and one way that I heard them
one particular way
was hearing them coming through
particular sounds in the background
common soundseveryday sounds
sounds I probably never took
much notice of before
but now being around these sounds

was like giving these voices a microphone mostly it was steady sounds
sounds that were constant
that didn't seem to fluctuate that much
for example....on one particularly warm night
I woke up suddenly and I heard a voice say
through the noise of my ceiling fan
"I haven't had a body in 130 years"
but it didn't stop there.... not even close

when I was at work
I would hear voices speaking to me
from the rather subtle sound
of my computer that was on my desk
I mean this wasn't even
something that was loud
but just that subtle hum from the computer through that I was hearing voices
making comments at me
while I was there trying to do some work
I remember once
as I was sitting there at my desk
a voice came through this noise and said
"you don't need an exorcism"
I didn't exactly feel reassured by that
then when I was driving
I would hear the voices speaking to me
through the sound of the car engine

one time I was driving home from work
and it started rainingheavy rain
in just that sound
that sound of the rain hitting the roof of my car
all of a sudden now
there were voices everywhere
and if it was a nice day
and I was driving with the windows down
and the wind was rushing
well that caused a big cacophony
of voices right there
I remember one day
driving down the road with the windows down and there was a voice speaking
as every car passed by
it was surreal
as every car passed
I would hear the voice say another word

so I was hearing these drawn out statements and it certainly wasn't anything cheery

just taking a shower also became a problem
I mean it's something that we
typically expect to have some privacy with
but now through the sound
of the running water in the shower
it seemed like there was a crowd of voices surrounding me
at this point I had not become desensitized
to any of this yet
so I was greatly troubled by this
to say the least
it reached a point where
it just got to be too much
I couldn't take a shower anymore
but I figured something out
I ran a bath and timed exactly how long it took for my bathtub to fill
but I couldn't sit there waiting for it to fill
the voices were coming through too strong through the sound of that to
I had to turn on the water
then run out of the bathroom room
and waitcounting the seconds
and then I ran back
turned off the water quickly
and things were a little better
the voices were still there to a degree
but it was more whispers
they didn't sound as loud without the sound
to amplify them

the bathroom in the building where I work
was a rough one for me to
it had a very loud ceiling fan
wired to the light switch
so as soon as you went in there
and turned on the light
this fan noise would start going
I heard so much crazy shit
coming through that fan
it was like some portal to the twilight zone
once againit simply got to be
too much for me
so I went to a local hardware store
bought a small flashlight

and then when nature called
when I was at work
I would go into bathroom
but not turn on the light switch
triggering that ceiling fan
I would just put the flashlight on the counter
it got me by

the voices were coming through
so many of these everyday sounds
but with some of them
I could find a clever way to get around it
this went on for a little while
but overtime..... I began to become desensitized hearing the voices louder like this
wasn't so much of a surprise anymore
it wasn't nearly as shocking
as when I first heard it
so I went back to taking showers again
and I didn't need that flashlight in the bathroom where I work anymore
and if it was hot out at
I generally decided not to turn off
my ceiling fan in my bedroom
or turn off the air-conditioning
to avoid the surreal cacophony
because as I was going through this
I was also beginning to realize
just how full of shit these voices were
how pretty much everything that they say
is a lie or some exaggeration of the truth everything they say
has an agenda behind it
and it's nothing to my benefit
even if they make it seem like it is

it reached a point where they were just pulling the rug out from under my feet far too often
and I started to have enough
I just didn't care anymore
about what they were saying
from then onanything that I heard
would be taken with a grain of salt
so a lot of the anxiety
a lot of the apprehension
went awayand I took a lot of power
away from these voices
because getting you to believe them

or getting you to be affected
by the things that they are saying
that's where most of their power lies
most of their power lies
in the illusions that they try and create
and it is a power
that can be taken away from them

as time went on
I stopped hearing the voices
coming through so many background sounds
so many everyday sounds
it didn't go away completely
I am still experiencing it a bit today
from this last remaining voice that I hear
but it's nothing like it used to be
not even close
they had their time to really freak me out
now I'm having my time to just not give a shit

- 1/20/202

BEHIND THE TERMINOLOGY

Back when I first started doing EVP sessions
I wasn't capturing anything on my recordings nothing for the first couple of weeks
I didn't hear a damn thing on them
but I kept going
this was one of those times in my life
when my interest in the paranormal
circled back around
that's how it always was
this wasn't an interest
that I was constantly pursuing
but for as long as I can remember
it would always come back around

but before all this
I was content to just learn about it
by reading books
reading articleswatching movies
that was always enough for me
but in the winter of 2015
it just wasn't enough for me anymore
I wanted to go active
I wanted to see if I could
have a real... direct experience
looking back now
I know that this was a terrible mistake
but at the time
I had no idea what was going to happen
I didn't know anything about the dangers
other than knowing the terms
possession.... Oppression and Spirit Attachment

sure ...in my reading up on the paranormal
I'd come across those terms before
but I never really thought about that much
I guess I was one of those people
that just had the mindset
it won't happen to me
but aside from that
I didn't really know what those terms meant

what was a spirit attachment
what does it involve
I had no idea
but I was soon to find out
that's what I got hit with
after doing those recording sessions
for two months
I often look back now
and wonder if those first two weeks
where I wasn't hearing anything
was some kind of grace period
I was being given a chance
to quit all of this.... to move on
a chance to walk away from it
before I crossed a line

for the first two weeks

I heard absolutely nothing on my recordings
but I kept going
since then I've often wondered
how long would I have kept trying

if I went three weeks
and still didn't capture anything
would I have given up
I guess I'll never know
but after those two weeks
hearing nothing but empty air on my recordings the situation changed
one afternoon in the middle of January
I did a session
I asked three questions
I went back and listened to the recording
and I heard something for once
I actually heard something on my recordings
it was a voice
it was there....I heard it
it was unmistakable
and not only did I hear a voice
but I actually heard it answering
one of my questions
so I knew right away
that this wasn't some random voice
my recorder was picking up
in the background from a neighbor
or someone walking down my street
this wasn't a stray radio signal

I was hearing a voice answering my question
and the more I listened to that recording
I began to hear other voices on it as well
the first one really jumped out at me
but when I went over it a few times
I realized that there were more voices there
I had captured more voices
and they too were answering my questions
that was a very powerful experience for me that's when I knew that all this was real
that's also when my curiosity
went through the roof
and I wanted to see what else I could capture
so I doubled my efforts
I was recording more and more

almost every night for several weeks

yes ..for those first two weeks I heard nothing
but within just a few days
of hearing those first EVP's
something had changed dramatically
I went from hearing nothing
to hearing a whole lot
now it was as if my recordings
were alive with voices
something had definitely changed
I don't know how
I don't know why
but it did
and I couldn't believe
that I was having these experiences
I couldn't believe that I was hearing so much and that I could talk with these spirits so easily

many of the voices were faint at first
but I strained my hearing to hear them
I listened deep down into those recordings
and I would go over them and over them
and over them
and I realize now
that this was a very dangerous thing to do because I was tuning my hearing into them
but at the time
I didn't see any danger in this
none of the voices
that I was hearing and talking to
seemed dangerous or hostile ...or threatening far from it
at first they seemed quite benevolent
and they seemed very interested
in talking with me

after about a month
that began to change however
a new element showed up on the scene
these voices were not so friendly
I would hear them criticize me
insult me.... threaten me
they seem to be trying
to get a reaction out of me
I was told by some other researchers
that this was not out of the ordinary

that this happens a lot
if you keep pursuing this
often they were referred to as “the hecklers”
so I just thought of them as hecklers
I thought that they were just out
to get a reaction out of me
for their own amusement
they began to become more and more
of a presence on my recordings
and that troubled me
but I still didn’t recognize the danger
I still didn’t realize what the danger was
what it would it look like

yes... I had seen the term spirit attachment
in books and in articles that I read
but I still didn’t know what it meant
it certainly didn’t sound pleasant
but I didn’t really know what it looked like
but I was about to find out
because that’s what these hecklers did
they went far beyond simply heckling
they attached to my life

by the end of the second month of recording
I started perceiving these voices
beyond the recording sessions
I was hearing them now
when I wasn’t recording
I was hearing them now
when I woke up in the morning
I was hearing them on my drive to work
I was hearing them all day at work
when I went home
when I had dinner
and especially at night
when I was trying to sleep
that’s when they really loved to talk to me
and I started to lose
a lot of sleep because of this
I would be lying there in bed trying to sleep
and the voices were right there
like they were hovering over me
saying a bunch of creepy shit

not only that... I began to perceive them
in a physical way to
I could feel their presence on my body
I could feel them touching me
at times I would lie in bed
and feel jabs to my back
I would toss and turn
but it just wouldn't stop
and then there was this weird vibration sensation that moved around on me
this was a common one back then
it didn't feel like I was vibrating
I felt like there was something on me
or sharing the same space as me
and I could feel it vibrating
and it would move all around on my body

before long
these voices were coming at me
around the clock
it never stopped
there was a constant barrage
of malicious chatter
harassmenttormentthey never quit
they never tired
they never called it a day
they just kept up with it
on and on and on and on

they would comment on what I was thinking
they were listening in on my thoughts
and they wanted me to know this
they were often commenting my thoughts
or saying "what the hell are you thinking"
talk about feeling a sense of intrusion
there was nowhere I could hide from them
there was no sanctuary
my own thoughts weren't even private now
this was extreme intrusion
and this is what spirit attachment was for me
it wasn't always literally feeling them on me clinging to my body
though some of the time it was like that especially at night
when I was in bed trying to sleep
but they weren't just attached to my body

more than that.... much more than that
they were attached to my life
they kicked down the doors of my perceptions they were trying to grab my attention constantly
wherever I wentthey went to
whatever I thought ...they knew about it

I suppose there can be
many different kinds of spirit attachment
perhaps sometimes the attaching spirits
try and keep a low profile
they try to influence you
to have an affect on you
in more subtle ways
they want to see what they can get away with without you realizing that they're even there
but there's another kind of attachment
one that's very outright.... very blatant
over the topvery in your face
where the attaching spirits
want you to know that they are there
they want to continuously batter you
with their presence
that's the kind that I was dealing with
and there was nothing even remotely
subtle about it

*** - 1/21/2022

DISPATCHES FROM THE MENTAL FOG #1

Last night
I had a bit of trouble falling asleep
this has been happening a lot recently
just as things were starting to improve for me
I went the better part of the year
without having to take any sleep-aid at all
which was a huge improvement in my situation because ever since 2015
I had pretty much been depending on it
to get to sleep at night
it didn't always work
I had many rough nights
there were nights when I didn't get to sleep

till three in the morning
and there were nights
when I didn't get to sleep at all
and this was mainly because
of these entity attachments
or more recently the remaining one
the female voiceCrystal

I would be in bed and hear
her voice chattering away
I'd be feeling the physical sensations
on my body
this happened every night
every night since it first started
with maybe a few exceptions
the only time that I ever completely avoided it was when I was so tired
that I just fell asleep
almost the instant my head hit the pillow
that was the only sure way to avoid it
but that just didn't happen that often
every night since 2015
since this all started for me
there was always some degree of disruption

earlier on there were many voices present
but as time went by
it dwindled down to just the one... Crystal
but she's always been
the main troublemaker for me
so I was by no means out of the woods yet
the bodily sensations were always there
some nights it wasn't so bad
when you experience it enough
you can end up getting used to it
I suppose you can become desensitized to it

the problem with me is
I was a light sleeper to begin with
and I always needed things to be quiet and calm some of my friends that I've met
who are also dealing with this situation
they have various things
that they use to help them
escape from the voice at night
some use ear plugs

some listen to music
or have their television going
none of that ever worked for me
I need things quiet
so that puts me at a disadvantage from the start and that's why I've had an ongoing
battle for sleep for so long
I didn't want to be
taking this sleep-aid every night
it did have some side-effects
sometimes it seemed
like it hadn't worn off by the morning
and I would wake up
experiencing what felt like a mild hangover
on many mornings
it seemed like my head was in a fog
I had to counteract this with a lot of coffee
but I was afraid to go without the stuff
every time I tried to
it seemed like the disturbances
at night would escalate
or I would have the bad dreams again
which I'm sure is another way
that these entities were attacking me

but about a year ago
I decided I was going to finally try
and do without it... just fall asleep on my own
I was a bit worried
I thought things might get bad again
I thought that I might start losing sleep
for an entire night on a regular basis again
but I didn't..... things went fine
things went more than fine
it seemed like a miracle
yesCrystal's voice was still there chattering yes... she was still causing me to feel
the physical sensations
but I still managed to get to sleep
it just became a nightly routine
I'd go to bed ...deal with a degree of disruption but now I was so used to it
I didn't keep me awake for hours anymore
I was relieved that things
were going this good for me
but for the past month now
I'm back to having trouble falling asleep again and the real kicker this time is

that it's not because of Crystal
surprisingly it's more me that's the problem

for the past few weeks
my mind has been racing with these thoughts
I've been thinking a lot
about where my life is at these days
how the situation has had an impact on it
how I allowed it to cause me to become
isolated for a long time
and I lost touch with a lot of friends

I've been thinking about how my life
could have been different
if I didn't make
so many bad decisions in the past
I've been trying to put this stuff out of my mind but it's just not working
I don't know if it's just the winter getting to me the bleakness of the seasonthe cold
maybe this is some kind of midlife crisis
I don't know.... but it sucks
it's aggravating
and it's starting to mess up my sleep routine
so I can't throw accusations
out at Crystal for this one
for the past few years
she's been the culprit
but not this time
hopefully I'm just sorting some things out
maybe this is just some thing
I needed to do ...I needed to go through
and I'll come out of it feeling better
I'll come out of it with a clearer perspective
I'm only too aware
that I'm lucky just to be here
things could have gone very differently for me back when these voices first attacked me in 2015
I was hanging on by a thread back then
and the thread came close
to snapping many times
but I held on somehow
I found enough strength within me
to keep going
and I held on to my day-to-day life
my day-to-day world
sure I missed out on a lot

I regret that I did isolate myself for so long
but I've also learned
to appreciate some
of the little things in life now
things that I never paid much attention to before I can appreciate peace and quiet now
so much more
because so often it's a rare thing for me
but if I get few hours here and there
where I'm distracted
and I don't hear Crystal's voice at all
I savor that
and sometimes I'll go out in the morning
on my balcony
have a cup of coffee
smoke my first cigarette of the day
it will be fairly quiet
I might hear Crystal's faint chattering
in the background
but it's overshadowed by the calmness

sometimes when I get these moments of silence it's like the silence is loud
sometimes it really hits me
and I savor these moments
because this is something I took for granted before I started hearing the voices
I've learned to appreciate
how loud silence can be
and I'll take as much of it as I can get
and winter must give away to spring eventually I'm looking forward to when
this whole mental fog passes
I'll get through itI'll slug through it
I've gone through far worse than this ...far worse and in many ways
I'm a stronger person than I ever was
at any other time in my life

- 1/21/2022

THE POP-INS

The other night while I was in bed
trying to fall asleep
but having trouble doing so
I heard a different voice
a voice that was not Crystal's
it was a female voice
but it didn't sound the same
Crystal's voice is very distinct
I know Crystal's voice very well
I've heard Crystal's voice
every single day to one degree or another
since 2015
I would know it anywhere

I first heard Crystal's voice
on my EVP recordings back in February 2015 and even then
before I started hearing her voice
outside of the recordings
she got my attention
she was different
from a lot of the other voices that I was hearing she stood out even among the malevolent
voices she was the most outspoken of them
some of the other voices
sounded far more disturbing you could say
some just sounded outright malevolent
and some didn't sound human at
all they sounded like something else entirely

actually Crystal's voice
sounds very human all in all
her voice sounds like the voice
of a young woman
it's not her voice on its own
that has caused me the most distress
it's the fact that she's relentless

in the beginning
she messed with my head a lot
with the things that I was hearing her say
I have since learned
not to place any significance
in anything I hear from her
but she's still tenacious as hell
she still keeps coming up with new storylines she keeps trying out new mind games
and she's always there just chattering away

I don't hear her all of the time anymore
I'm still hearing her on a day-to-day basis
but over time
I've learned to gain some control
over this perceptionthis clairsaudience
if I keep my focus
on something else strong enough
I can block out her voice
at least for a while
but I know she's there
I know that she hasn't gone away
if I even think ... "is Crystal there?"

I'll pick up on faint chattering in the background

in the beginning
Crystal was just one of many voices
that were attacking me
yes ...she seemed to me
to be the main instigator
but she was just one of several voices
that were attacking me on any given day
but over time
the number of voices
began to dwindle down
then for a while
it just seemed like
there was about three or four
and then it was just herjust Crystal

on the one hand it was good
not to feel overwhelmed
by hearing a large number of voices all at once but on the other hand
the one that remained
was the ringleader
so I'm not sure
if there was much consolation there for me

for a while now
it's just Crystal's voice that I hear
on a day-to-day basis
but occasionally I'll hear a different voice occasionally another voice will seem to pop in they say
something and then they leave
sometimes these different voices
are male sounding
and sometimes they sound like female voices
even this doesn't happen that often anymore
I would say I often go many weeks
sometimes even a few months
before I hear a different voice
other than Crystal's at
least it seems that way to me

the other night I heard this different voice
I forget what it said
that's an ability I've gained through this ordeal I've learned not to retain
what I hear in my memory for very long

at least much of the time
but I knew right away
that it was a voice different from Crystal's
so I sometimes wonder
if she has visitors on occasion
does she use my apartment sometimes
to entertain her friends
what do they talk about
do they talk about new ways to harass me
do they try and come up with new mind games
I don't know
I can't help but be curious sometimes
but I just don't know

- 1/22/2022

MISSED OPPORTUNITY

Back in January of 2015
right at the point
where I was starting to hear a lot of voices
on my EVP's recordings
right at the point where I began
to communicate with these voices
on one recording
I remember there was
a very commanding male voice
it said "Go Back....Danger!"

at the time I didn't reflect
on what that voice meant by this

I remember just feeling astounded
by how clearly the voice came through
on the recording
this was back when
I was still only hearing benevolent voices
on my recordings
or at least that's how it seemed to me
this was before the arrival of the negative voices I would start hearing them in February
and by the end of February
I began hearing the negative voices
beyond the recording sessions

in March things kept escalating
and I knew that I had gotten myself
into some serious trouble
I quit recording
I prayed my ass off
I wanted desperately
to get away from all of this
but I kept hearing these negative voices
more and more
and by April I was hearing them
on a constant basis
I was tormented by these malicious voices
day and night
it seemed like I was living through a nightmare
that I couldn't wake up from

it was a few months before
things began to settle down
it was at that point
that I began to reflect a little
on what I had just gone through
the horror that I have just gone through
and one thing I remembered
was that day back in January
when I heard that voice give me a stern warning
"Go Back.....Danger!"
I realized now that this voice
was speaking the truth
I had been given a warning
but I didn't heed it
at the time I was more concerned
with how clearly I heard the voice

I didn't know what it meant
by this danger at the time
I didn't sense any danger
this whole experience seemed
so very fascinating to me
the spirits that I was communicating with seemed very friendly towards me
I didn't sense any danger
so what was this voice talking about
well....I was soon to find out

and since 2015 I've met many other people
who had similar experiences
many were doing EVP recording just like I was others were communicating
with spirits by other means
but we all started hearing these intrusive voices and among those that were doing EVP
recording when they told me their account
some also mentioned
that they to had heard warnings
that they to were warned to stop recording
this was before they were attacked by the voices just like in my own case
so I now believe that these warnings are real and they're very important

if someone is doing what I was doing
back in 2015and just starting out
if they're new to this
and they hear a warning like that
I'd say it's probably best
to heed that warning
you can see what happens if you don't
sometimes it's better to play it safe
being stricken with entity attachments is real
it can and it does happen
and it's not something
that you want to experience
and sometimes you may be given
such a warning
somebody on the other side
may be looking out for you
I look back at it now
as a missed opportunity

- 1/22/2022

REFLECTION ON MY BATTLES

These voices entities
don't prevent me
from falling asleep
that much anymore
I mean ...what are they
going to do
that I have not seen
what are they going to say
that I have not heard
none of it is a surprise anymore
all of it it's just what I expect from them
though there were times
earlier on in my situation
where it seemed like every night
I was engaged in some battle for sleep

and the voices would be hitting me
with their constant chatter
talking to me about my sins
my faults.... my weaknesses
or telling me some storyline about something
I could never prove anyway
and I would just lie there in bed for hours
not knowing what to think about this stuff
and gradually over time
I realized that I didn't have to
know what do you think of it
I didn't have to think of it at all
I didn't have to listen to it
I just let it all disappear and be forgotten
and though my nights
still weren't completely quiet
I was no longer kept awake by any of this
I could easily fall asleep again
there were no more battles for sleep
there was just sleep

- 1/8/2022

ABOUT THE TERMINOLOGY

I try not to get hung up
on the terminology
regarding these entities
that you can say I collided with back in 2015
when I was doing my EVP recordings
sometimes I see heated discussions
among others going through this kind of situation and sometimes they debate
about the terminology
are we dealing with spirits
are we dealing with demons
are we dealing with aliens we all know we're dealing with something
but what is it

I've always felt
that whatever else it is
this situation is a very personal experience
it hits you right down to the core
right down to the very essence of your being
so we're all entitled
to have our own personal view on it
for myself..... yes I try not to get hung up
on the terminology

this entity attachment
I'm dealing with these days
the one that still remains
the female voice that calls herself Crystal
what is she
where does she come from
is she a ghost
is she a demon
is she an alien

to be honest
I threw up my hands in frustration
a long time ago
trying to figure that one out
Crystal is a master at wearing many mask
and while her voice sounds
like that of a young woman
a very human sounding voice
for me that's not an indication at all
that she was once a human being
living on the Earth just like me
sometimes I just pick up a vibe from her
I just get this impression
that there's something different about her
something that seems very different
and the idea that she was never a human at all is by no means off the table

but I try not to get hung up on the terminology
to be honest
I think that a lot of these terms
can apply to the same thing
I think that many of these terms
intersect each other at some point

I try not to feel anger or bitterness
towards Crystal
but I do feel that what she does
her methods
abusing someone
harassing someone
by constantly chattering at them
tormenting someone with voices
I find that to be evil
I find that to be sadistic
so absolutely the term demon may apply sometimes she calls herself a demonic being
she claims that she's well acquainted with Lucifer but then again
she makes a lot of claims
so I cannot put too much significance into this

at other times
she'll claim to be some kind of alien
at other times she'll say that she was human
and as I mentioned
she's good at wearing many mask
I often hear her talking about an astral planet
the phrase astral planet is something
I hear from her quite a lot
she doesn't say astral plane
which I think most people are more familiar with she saying astral planet
so if she is some form of intelligent life
from a planet in another dimension
on some astral plane
if that's where she comes from
then that would make her an alien wouldn't it
if the Earth is not her place of origin
that would technically make her an alien
so perhaps her methods are demonic
her origin is alien
and once I heard her say to me
"don't assume that the spirit realm is entirely filled with humans"
or something along those lines
so if the spirit realms and the astral realms
are one in the same
and she's from an astral planet
wouldn't the term spirit apply

I know it gets a bit tricky here
I'm just saying that I think

that a lot of these terms
can meet up at some point
they can refer to the same thing
without necessarily being opposite of each other

if I regard her as anything at all
I would say that I like the the label astral being which I hear her use a lot to
I think this can apply
to these other terms as well
it's a bit more general
it could incorporate a lot
that's why I like it
it works for me
so for now I'll stick with that

- 1/23/2022

HAPPY BIRTHDAY

Back in April of 2015
during what I call my two weeks of hell
I remember a few occasions
where these tormenting voices
would say to me "Happy Birthday!"

most of what I was hearing
was pretty harsh stuff
they were telling me
how much of a sinner I was
how worthless I was
how I never did anything with my life

or they would be feeding me some storyline
that if I did this or that
they would leave me alone
such as the time
they told me that they would leave me alone
if I stopped thinking about spirits
they wanted me to stop thinking about spirits
while all day and night
these spirits were bombarding me with voices
I knew this would be tough
but I gave it my best shot
and then one evening
for about 20 minutes
it seemed like they actually went away
and just when I was starting
to savor the silence..... the calm
I heard a voice say
“you thought about spirits”
and the bombardment started back up again

amidst all of this other stuff
that I was hearing
occasionally I would hear
these voices saying “Happy Birthday!”
when I heard this
I wondered what the hell was that about
for one thing my birthday is in August
and this was April
what birthdaywho’s birthday
what do they mean by this

to be honest I still don’t know
I only heard it a few times
during that nightmarish two week stretch
there in April of 2015
I’ve heard a lot of stuff since then of course
but I don’t think I’ve heard
any voices say “Happy Birthday!” again

about a year after this occurred
when I was looking around on the internet
for other accounts..... other cases like my own
I came across one
from a man from Russia

he had written out a very long
and detailed account
about his struggle with
what he called "satanic voices"
and as I was reading through his account
I saw that he to mentioned
that he heard the voices
that he were tormenting him
say "Happy Birthday!" to him as well
so there it was in two accounts
in two separate accounts about voices
in both accounts
these voices said "Happy Birthday!"
to their victim

he didn't seem
to have an explanation for it either
and I still don't
I'm not sure if there even is
any kind of meaning behind it
I'd say there's a good chance
it's just more of their riddle talk
because that's what they're all about
they often speak in riddles
I found they're very good at doing this
you bet they're full of riddles
about as much as they're full of shit

- 1/23/2022

DISPATCHES FROM THE MENTAL FOG #2

Today was a rough one
I'm still in this mental fog
that I've been in
for the past few weeks now
I don't know what brought it on
about a month ago
an old friend came back to town
an friend from my high school days
I don't know if it was this
it just got me thinking about the old days
it could have been
or at least in part

what bothers me

is as far as my situation
with this entity attachment goes
the situation with Crystal
last year I think I did pretty good
compared to every other year since 2015
when this all began

last year was the year
when Crystal's presence
affected me the least
she never once
brought me to the point of anger
I was sleeping much better
sure she would be there
chattering away at night
and there'd also be the physical sensations
to a degree
but it didn't get to me
like it once did in the past
when I would lose a lot of sleep over it
last year I went most of the year
without having to take
any sleep-aid at night at all
now I'm back to taking it
these past few weeks

and today hearing Crystal's voice
it's really starting to get to me
it's like I'm going backwards here
but Crystal is not the cause
or at least not the direct cause
I just keep thinking about things
mostly the past
poor decisions I made
relationships that I lost
I keep running scenarios through my mind
if I only did this or that differently
that kind of thing

I suppose this is something
that would happen every now and again
but it never lasted this long before
it's been day after day
I don't know if it's a midlife crisis or what

I realize now that I put so much of my focus
so much of my attention
these past few years
on just trying to hold it together
holding on to my day-to-day
life in the face of this unfortunate
and mysterious situation with Crystal
but when things started
to get a lot better last year
I guess I kind of relaxed a bit
the smoke cleared a bit
and now I'm just feeling like
I missed out on a lot

yes ...Crystal was getting to me today
all day when I was at work
I was hearing her voice
it seemed like she was trying
to take advantage of the situation
she knew I was having a rough day
so she felt compelled it seemed
to try and make it a little worse for me

dealing with her
some days I win
and some days she does still get to me
today's one of those days
but I'm not going lose hope
I'll get things back on track
I've been through much worse
it's just that I've been struggling so long
to hold out against this voice
but what's getting to me now
what's getting to me today
is something different
it has more to do with me
than it does with her
so I'm not quite sure how to handle it
but I'll slug through it
and hopefully tomorrow's a better day

- 1/24/2022

EVERYTHING WAS STILL DARK

I woke up a bit early this morning
I opened my eyes
and everything was still dark
right away I started hearing the voice
the female voice.... Crystal
everything else was so quiet and calm
that it seemed to make her voice
stand out that much more
it reminded me of that morning
a few years ago
when I also woke up suddenly
to a dark room
and I was also hearing Crystal's voice
then it seemed like her voice

was literally right in my face
and I heard her say
“it is Crystal.... it is Crystal that is here with you”
I knew this voice well
I’d been hearing it since the beginning
I’d been hearing this voice
on my EVP recordings
during the winter of 2015
before I started hearing any voices
through this hijacked-clairaudience

yes I knew this voice well
the voice that always stood out
among all the others
the most intrusive
the most tormenting
but this was the first time
that I had ever heard this voice
refer to herself by the name Crystal
prior to that
I would only occasionally hear her
refer to herself as “#1”
I thought that made sense
as I often felt like she was the ringleader
of this gang of entities that was attacking me
but other than that
she didn’t seem to place
a lot of emphasis on going by any name
I suppose really.... that she didn’t have to
I knew her just by her voice
and her voice always
pretty much sounds the same
I could recognize her voice anywhere

so yesI was reminded
of that occasion this morning
that occasion when I heard
Crystal call herself Crystal
her voice seemed just as loud and clear
but I don’t remember
what she said to me this morning
it’s already forgotten
it couldn’t have been anything that important
that out of the ordinary

or I probably would remember it
but if it's just more of the same old riddle talk then I don't retain it in my memory
it's like it goes in one
ear and out the other

as I've often said
just the amount chattering
that she's throwing at me on any given day
if I could write it all down
it would probably fill page after page
but in truth
by the end of the day
if you asked me to write down what I heard
I could probably only write down
a sentence or two
because mostly it's just the same old riddle talk phrases that I know are lies
phrases that make no sense
phrases that contradict previous phrases
things that make no sense

I don't try and make sense out of it anymore there's no sense to make out of it
she just wants my attention
so I try and deprive her of that
whatever she said to me this morning
when I first woke up
it's already gone.... long gone
I don't know why
she still bothers saying anything at all
but she does

- 1/24/2022

THE RETURN OF THE SHOUTS

Last night
was another rough one for me
I went to bed early
figuring it would take me a while to fall asleep and it did and once again
I don't think I was being kept awake
because of this entity attachment.... Crystal
I think it's still because of all the thoughts
that have been going through my head
the mental fog I've been in recently
a mid-life crisis maybe
I don't know what the hell it is
but it's annoying as hell

so while I don't think Crystal
was the cause last night

she definitely jumped in
and took advantage of the situation
a little more than she had been doing
I experienced at least
a couple of shout attacks
this is where I'll be in bed
trying to fall asleep
and she'll shout loudly
either usually right up in my face
or right up to one of my ears
or sometimes it even seems internal
like a shout inside my head
I've often describe this
as being punched by a voice
that's pretty much what it's like
it's very sudden and it startles me
it's usually just a quick shout
I don't even know
if she saying anything when she does this
most of the time
but I don't think the point of it
is to give me a message
it's just that... to startle me
right as I am at least beginning
to drift off towards sleep
I think this is the first occasion
where she's hit me with shouts in a little while

a few years ago
I believe it was during the summer of 2019
for a time this was
her main tactic of harassment at night
her main tactic to try and deprive me of sleep
it seemed like every night that summer
I'd be getting hit with these shouts
they were very intensevery powerful
and on some nights
she would hit me with a lot of them
then it seemed like
she didn't use this tactic as much
she would still use these shouts
every now and again
but for some reason
she just didn't seem

to be putting in the effort
like she was that summer
I'm not really sure why
I've always considered this to be
one of her most effective tactics
in trying to deprive me of sleep
the only countermeasure
I really had for it
was just to keep dosing myself
with sleep-aid until I was knocked out

when I experience these shouts
it's different from when
I'm hearing her voice in just the usual way
when I'm hearing her voice in the usual way there's at least a chance
that I can tune it out.... I can block it out
but I can't do that
when she's shouting right in my face
basically it's as loud
as if there were an in-the-flesh human being right there shouting in my face
it's too sudden..... it's too loud
it's almost violent in a way
so there's no way for me to block it out
and ignore it completely

and in the past
she would often be
even more devious with this
I would go to bed
experience a little bit of activity ..but not much start to drift off toward sleep
almost be there
thinking I got away easy that night
and just at that point
when I'm half asleep.... but still half awake
she would start hitting me with shouts
and I'd be fully alert again
I hated it when she did this
but I have to admit
it was a pretty damn effective tactic
I would just get out of bed
and take some more sleep-aid
and hope that it worked
sometimes it didsometimes it didn't
but that's all I could do

the strange thing about these shout attacks
is that to the best of my recollection
I don't recall Crystal
or any of the entities
that were attacking me in 2015
using this tactic
I was hearing loss kinds
of strange and unsettling voices back then
voices that sounded like
they were something other than human voices that sounded robotic
that sounded electric
there was that one voice
that I heard for a couple of weeks
that was extremely deep
I mean extremely deep
this voice was pure bass tone
when it spoke
it seemed to make the ground shake
it seemed to put off a shockwave

so yes... I was hearing all kinds
of voices back then
but I don't remember them
getting up in my face and shouting like this
and to be honest
I think they were throwing
everything that they had at me in 2015
I don't think they were holding back
I did not get that impression at all
it seemed to me
like they were trying to push me over the edge

I started experiencing these shout attacks later
I think it was sometime in 2017
when it happened the first time
I found it extremely disturbing
but then it didn't happen again for a while
I would get hit with a shout
and then it might not happen again
for a few weeks
it was like a gradual build up
where as time went on
I will begin to experience it more often

it seemed to me
like this was something that Crystal
was learning how to do
it's like she was either trained to do this
or she taught herself how to do this
as time went on
she got better at it
and then when she was ready
she really hit me with this

she's still using this tactic
every now and again
but yes....night's incident
was the first in a while
so knock on wood
I don't wanna jinx myself here
I don't want it to be
like the summer of 2019 all over again
so hopefully I'm not giving her any ideas
by writing about this here
but with my luck
I probably am

*** -1/25/2022

A LITTLE MORE COMPANY

Last night as I was in bed
trying unsuccessfully to fall asleep nice and easy it seemed like I had
some visitors stop by

the female voice...Crystal
she was there as she always is
but I was picking up on the presence
of other voices
maybe at least three or four others
often I can tell right away
because I'll hear a male voice
and Crystal's voice is distinctly female

she sounds like a young woman
her voice is a little higher pitch
than your typical human voice
but aside from that
she sounds like a regular human being
a young woman

I know that I definitely heard
a few male voices last night
I remember hearing my name called
quite a few times

there's always that possibility
it's actually Crystal
just creating more voices
I suppose it's possible
though I don't think that was it
I don't think that was the case
I think if she could do that
she would do that more often
she would make it one of her main tactics
to try and get me to feel overwhelmed
by different voices.... different entities
like how it was back in the early days
when this all started
I mean it's possible
but just like with so much with this situation
I can't really be certain
though I am certain that it's really happening
I'm certain that Crystal is real

sometimes when I'm lying in bed at night
I'll just randomly hear Crystal say
there are 25 spirits here
or 50.... or 78 spirits here
usually I'm just picking up on her voice
so I don't know why she's saying this
but maybe she's not lying sometimes
I suppose that's possible
maybe last night I just happen to catch
the voices some of those other spirits
I'm not really sure how all of this works

I often call it hijacked-clairaudience

and I suppose that I tuned my hearing
to hearing Crystal
back when I was doing EVP recording in 2015 but I was hearing other voices then as well
and I still occasionally do

now and then there have been occasions
where I've heard Crystal talking
but she wasn't talking to me... or at me
it seemed like she was having
conversations with somebody else
but I couldn't hear that somebody else
well maybe last night
I did hear themor some of them
at least a little bit
it just seemed like
I had a little more company last night
and Crystalas usual
she was the one
that I was hearing the most

- 1/25/2022

SPINNING YARNS

Last night
a little bit after I got home from work
after I just had my dinner
I went out on my balcony for a cigarette
it was damn cold out
it's the middle of winter
but I've never smoked
inside my apartment that much
I always go outside
it's just my routine
no matter how cold it is
no matter if everything is covered in snow
so I was out on my balcony last night

smoking a cigarette
and all of a sudden
I hear these tires screeching
and then I hear a loud crash
look off to my right
down the street from my apartment
and I see a car spinning
onto the side of the road
and another car stop suddenly
in the middle the street
there had just been in a serious car accident within about 100 yards of me
I didn't see the moment it happened
but I heard it..... it was loud
and I saw one of the cars being spun around

a couple of neighbors that were outside
ran over to the scene
and it seemed like
within a couple of minutes
the police arrived
it was one police car at first then another and then I think at least six or so showed up
an ambulance showed up
a fire truck showed up
I stayed where I was
I lit another cigarette
just to see if I can find out what was going on

after a few more minutes
I decided to go back inside
and then I heard Crystal's voice say
"there was a fatality in that accident"
and then she said something like
"trust me we know... we can tell"
maybe this is true
afterallI do believe
she is some kind of a spirit
and this happened just right down the street

I heard her say this a few more times
and then I went back outside for a bit
before long a tow truck showed up... maybe two I couldn't tell
it was dark out
except for the flashing lights
and I just couldn't make things out

I went back inside and just tried
to focus on what I was doing
I was curious whether or not
what Crystal said was true
but I knew that this was coming from her
so I shouldn't believe it at face value
even though it's touching upon
something very serious here
something that I partially witnessed
with my own eyes
that doesn't mean she's telling me the truth

so today I jumped on the internet
to check the local news
to check the local police department's page
on social media
I didn't see any mention of it
I didn't see any mention of this car accident
I would believe that if there was a fatality
it would have been in the local news
so this just proved to me even further
that I have to take everything
that I hear from Crystal
with a grain of salt
no subject is out of bounds for her

even if no one was killed in this accident
I imagine people were injured
but she'll spin a story anyway
she's a great storyteller
she always was
I'll give her that
but her stories don't have the bite
that they once did
because they never can be trusted
they can ever be believed

AN UNNECESSARY REMINDER

This entity attachment
the female voice
that calls herself Crystal
she was causing me
to feel the physical sensations today
when I was at work
right in the middle of the day
I felt her jabbing my lower back a few times
and I also felt that strange vibration sensation around my shoulders
that all too familiar vibration sensation
the one I've been experiencing
on and off ...going back to the beginning
back to 2015

this doesn't occur that often
where I feel the sensations
in the middle of the day when I'm at work
usually when I'm at work
I'm so distracted with other things
that I don't feel anything
and often I'm not even
hearing her voice that much
but it depends on the time of year
how busy things are
it's the middle of the winter now
so my job is a little slower
than it is in the spring and in the summer
that's when it's really busy

so maybe that's all this is
she's taking advantage of the situation
nothing surprising about that
but when this was occurring
I remember looking over at my coworker
I'm just thinking to myself
if you only knew
if you only knew what was going on
if you only knew that there's someone else here in this office
it's not just him and me
there's someone elsesomeone invisible
she calls herself Crystal
but I don't really know who she is
I don't really know what she is
but she's real

it was one of those occasions
when the reality of the situation really hit me even though there's no doubt
in my mind that Crystal's real
that she's not some hallucination

every once in a while
when I experience something like this
it's almost like a reminder
an unnecessary reminder I'll grant you
but it's a reminder that this is real
that this is really happening
and that what we see before our eyes

it's not everything there is
there's much more there
and sometimes some people can see it
or some of it
and sometimes some people can hear it

if my coworker only knew
but I'm glad he doesn't
he shouldn't know about these things
I envy him for that
I truly do

- 1/26/2022
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THEIR TURF

Last night while
I was at home in my apartment
maybe around 8 o'clock or so
I just felt very tired all of a sudden
my sleep has been getting messed up again
not so much because
of this entity attachmentCrystal
but just because of the mental fog
I've been in recently
so I've intentionally been trying
to go to bed a bit early
factoring in that I'm not going be able
to fall asleep quickly
but 8 o'clock was still a little early for me

but I just felt like I needed
to lie down for a little while
so I got in my bed
planning on just resting for a few moments
I didn't want to fall asleep... not yet
but I just wanted to lay down and rest
it's been very cold this week
so I had my heater going in my apartment
and I was hearing Crystal's voice
coming in through the sound the heater
this is nothing out of the ordinary
I'm sorry to say
this is the kind of steady background sound
that I've often heard
these voices coming through
coming through with greater volume
certain sounds seem to amplify them
so I was laying there in bed
hearing Crystal's voice chattering away
I have no idea what she was talking about
I wasn't really paying attention
I could hear her chattering
and it was a disturbance to a degree
but I wasn't really listening in
to the content of it
this is pretty routine stuff in my situation

I was starting to drift off
towards sleep a little
and Crystal's voice is still going
and Crystal's voice
generally sounds like a human voice
she sounds like a young woman
it's not a child's voice ...but a young woman maybe late teens.... in her 20s
something like that
except it has a higher pitch to it
usually that's really the only thing
that makes it sound different
from a regular human voice
it's not always like this
sometimes her voice
has a more whispery characteristic to it
when she shouts
her voice sounds like

a regular voice most often
but those shouts are very brief

more often than not
I would say when I hear her voice
it has this higher pitch to it
so I was in my bed last night
around 8 o'clock or so
starting to drift off to sleep
but knowing I didn't want to fall asleep
I was hearing Crystal's voice
coming in over the sound of my heater
her voice sounded like it always did
and then all of a sudden
her voice changed
or maybe it wasn't even her voice at all
all of a sudden
I started hearing this loud deep.... very different sounding voicevery different
this voice was much louder
this was probably the loudest voice
I've heard in a while
with the exception of when
Crystal shouts in my face
but those are very brief
this voice talked for a bit

well that took me back from the brink of sleep
I was hit with that familiar unsettling feeling
this one gave me a bit of a startle
that caught me off guard I will admit
and I don't know if it was Crystal's voice
did she somehow change her voice
or was it was another entity
that was present in the room

these days I mainly down to
hearing only Crystal's voice still
on a day-to-day basis
however other voices do still pop in
every now and again
voices that sound very different from Crystal
but the difference between now
and the early days of my attachment situation
is that these other voices

don't stick around
I'll hear them and then they're gone
I don't hear them enough
to recognize them if I heard them again
in few days or a few weeks later
only Crystal remains as a constant presence

yes I was a bit shaken by this voice
it had something of a deep
disturbing quality to it
and I don't remember exactly
what it was saying
except I do remember hearing my name
and it said something about my life
the voice was talking about me
I think it was commenting on
what I've been going through
these past few weeks
with this whole depression... this mental fog
that I just can't seem to shake

and I don't blame this depression on Crystal
I don't think she's the cause of it
I'm starting to think it might be a midlife crisis
I don't know..... it is starting to seem
like something like that
and even though I don't think she's the cause she's been full of comments about it
I'm constantly hearing her
making remarks about it
her opinions about it
so maybe another astral entity
that was close by
decided to jump in and offer their two cents
on the matter
I just don't know
but it woke my ass up real fast

after this occurred
I went outside to have a cigarette
and I started to think
that maybe this incident occurred
maybe I heard this voice so loudly
because I was starting to drift off to sleep
I was starting to enter

what I've often called the in-between zone
this is that state between
being awake and being asleep
this state of consciousness
has had much significance
throughout my entire attachment situation

it's been my observation
after enduring countless nights of harassment
at the hands of Crystal
and her gang of cohorts at times
that when I reach that state
between being awake and being asleep
when I reach the in-between zone
these entities seem to have more ability
or at least I perceive them
as having more ability
'll hear their voices louder
I'll feel the physical sensations
with more intensity
I've observed this for quite a while now

it seems like that in-between zone
is there a turf
and there been many nights
when I've gone to bed
experienced some level of disturbance
hearing Crystal's voice
feeling the bodily sensations
but it's not that bad
it's nothing out of the ordinary
and I start to drift off to sleep
thinking it was a fairly good night
thinking I got off easy
and then once I really get into
that in-between zone
the shit hits the fan
Crystal's voice will sound much louder
I feel the physical sensations
with more intensity

I remember a number of occasions
where it felt like hands
were holding me down

and I couldn't escape for a few moments
not until I became more alert
not until I came out of the in-between zone
so I'm wondering
if that's what happened here
whether this voice was Crystal or not
I don't know
but I think there's a good chance
that it had something to do
with me going over to their turf

- 1/27/2022

DEFENDING THEIR SPECIES

The other day
I was at work
having a particularly rough afternoon
hearing Crystal constant chattering
I thought to myself
why is she doing this
what is the motive
why would she spend
so much time and effort
in trying to harass me like this
is it just pure evil
pure sadism
why is she doing this
why would she harass someone with voices

just thinking this
is essentially the same as speaking to her essentially the same
as asking a question out loud
because unfortunately for me
she can listen in on my thoughts
she knows what I'm thinking
she has some kind
of telepathic wiretap to my mind
or I suppose she hears them
as their broadcast out into the astral plane
and I heard her say something
about how they are defending their species
this is actually not the first time
I've heard her say this
I've actually heard her say this statement
many times ...going back quite a while
I probably heard it the first time
a few years ago
and I'm just puzzled by the statement
as I was when I've heard it in the past
what does she mean by this
they are defending their species
and I continue to think
what what species
and then I heard her sayastral beings
and I thought how is someone like me
a threat to your species
where you would feel compelled
to defend yourself.... especially this way
and she said something like
certain psychics have the power
to effect things or change things
on the astral plane
it was something like that
I couldn't really follow her
I was still puzzled by all of this
and I suppose I probably
shouldn't even have taken her statements
into consideration that long
considering that she's constantly
telling me stories
constantly speaking in riddles
constantly contradicting herself
my number one defense against her

is to not believe in anything
that I hear her say at face value
my first reaction if I happen to hear
what she says
is to take it with a grain of salt
I take all of it with a grain of salt
but since I heard her make this statement before the statement about how
they are defending their species
I admit that sometimes
if it's something that I've heard from her
a few times
I do pondering over a bit
I do give it a little more consideration
but I'm still not left with a good answer here
how am I a threat to her ...to her species
and who or what is this species
I could just keep speculating here
and speculating
going down a deep rabbit hole
and falling into another
and then another
and then another
so I'll just leave it at that
I won't speculate too much here
I just wanted to give an example
of why I take it all with a grain of salt

- 1/27/2022

A CRAPPY DAY

Today was a rather crappy day
while I was at work this afternoon
I was hearing Crystal's voice
louder than usual
she hit me with the physical stuff
the physical sensations
while I was at work to
I could feel her jabbing me in the back
which is pretty rare anymore
usually when I'm at work
I don't get any of the physical sensations
and often I'm distracted enough
where sometimes can go hours
without hearing her voice at all
or when I do hear it

it's pretty faint
but today it was all pretty crappy
I'm still in this mental fog
this depressionmidlife crises... whatever it is it's been about a month now
I think this is what's causing
the issue here with Crystal
it's putting me at a disadvantage
in dealing with her
and to be honest
I don't think she's the cause of this
at least I can't sense that
I think this is just something
that came about on its own
but now she's really figured out
ways to jump in on the situation
hopefully this all goes away soon

dealing with Crystal
it's been a problem since this all started
but since then I've been getting stronger
her presence has had less
of an impact on my life
but I didn't have all this stuff on my mind
all this overthinking about the past
and all this other stuff
that's just been going through my head
these past few weeks

dealing with Crystal is enough
I don't need whatever this is.... this mental fog maybe it's just got something
to do with the dreary weather
it's the middle of winter
it's been cold tonight
we're supposed to get at least
12 inches of snow here
maybe when spring rolls around
that'll do the trick
this will all be gone
though Crystal probably won't be gone
but maybe it'll level the playing field again
and I can keep moving forward

- 1/28/2022

A FALSE SENSE OF SECURITY

Last night I was browsing around
on the internet a little
and I came across
another case of entity attachment
it had some things in common
with my own situation
this guy wrote his account
and posted it back in 2019
he said that he was using a Ouija Board
for about two months
he was primarily using it
alone in his home
this pretty much mirrors my own situation
except instead of using a Ouija Board
I was doing EVP recording

he said he started to establish communication with spirits or entities of some kind
and then at the end of the second month
he started to hear the voices all the time
and his voices were quite dominating
as he described them

that's the same with me
by the end of the second month
of doing EVP sessions
I started hearing the voices
outside of the recordings
and they were also dominating
dominating and a bunch of other things
like cruel.... sadisticwithout mercy
so it's another case
of somebody starting to hear voices
after being involved the spirit communication
I've seen many similar cases
since this all began for me back in 2015
and I've seen cases involving
all different methods of communication
I've seen quite a few
involving the Ouija Board
I've seen quite a few involving EVP
I seen quite a few involving
using a Spirit Box
also Automatic Writing
and using a pendulum
I've seen a few cases involving
using deep meditation
as a form of channeling
all these different methods
brought about the voices

so as far as I can tell
one form of communication
doesn't really seem to be any safer
than the other
the danger of being hit with an attachment
and hearing voices
goes with all of them
the danger is there
and it's something to take into consideration before going down that path

I wish I knew what the danger looked like
when I first thought about recording
but at firstthe whole experience
seems so fascinating
and all of the voices
that I was hearing on my recordings
seemed so benevolent
I didn't sense any danger
and things started becoming very intense
very quickly
I believe that this is an aspect
of this particular danger
I've seen this in many cases
a person starts communicating
with these beings
it gets very intense very quickly
things start happening faster
than one can process it
to reflect upon it
but you keep wanting to experience more because you're curious
it seems so fascinating
it seems like something
that you were chosen to experience
an experience you thought
you might never have
but there you are having it
and it can absolutely
lead to a false sense of security
